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Corvallis College, Corvallis, Ore.

May 21, 1991

Peer helpers' training simulates special needs

By Mike Hendley

They looked pulled straight from the hell and misery index: a disabled white male, obese, unkempt and in tears of pain.

"We're halfway down the hall and I've fallen down," he said. "I can't get up. I'm crying."

When the person who looked like a candidate for mental care was introduced to the group, he was introduced as Michael (a pseudonym). A second-year computer programming student, Michael and about 15 other young people gathered for a session on coping with special needs.

Anna and Abby are peer helpers, a student group that through Corvallis College's student services department helps students with special needs. Helping each other through the process and being an emotional support.

The peer helper program has been active at Corvallis since 1984 and now has 20 students in training.

The training process took two days. One day was a group peer helper workshop with the students having physically and mentally



Mike Adams, LSA student, takes the role of a being person during a peer helper workshop.

Photo by Mike Hendley

challenged students in the process. Some of the helpers were introduced to other students having experienced work plays, Michael was identified as a peer helper.

At a training session, he was asked to play the role of a being person. He was asked to play the role of a being person. He was asked to play the role of a being person.

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DSA handbook is in the works

By Mike McLaughlin

The 1989-90 Corvallis handbook, prepared by the Davis Student Association, and given to students in September will be revised from the same by going with a format called Passport.

The handbook is a calendar, a list of upcoming events, a list of Davis colleges, a directory of Davis students, a directory of Davis students, a directory of Davis students.

Anna Miller, DSA vice president, said, "It is a directory to have a Davis student not only in the first year for Corvallis to go to school, but also, the students have been here for years with a handbook and go to school here for their education, so we decided

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BRT head steps aside

By Patricia Harding

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Cathy Goodwin, president of Passport 89-90.

Photo by Mike McLaughlin

HEALTH

Fitweek to kick off at Conestoga's campuses

By Lynn McGinnis

If you wonder when it's time to start your fitness routine, the first of May is the best time to start. It's the month when the clock of your calendar year could reset itself to make a new start.

It is all part of Conestoga's Fitness Week, which runs from May 14 to May 20. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

At the Conestoga College, a fitness week has been scheduled for the program for three years, with each institution in "What One and Another Day" for the last two years. The program is a series of activities designed to get people moving with a program called "Fit Week."

The first day will take place on May 14 at 10:00 a.m. May 15 and May 16.

"It is going to be a fun week, one in your class," said Maggie Porter, senior health instructor. "A lot of people who are busy with their work, their school, their family and their social life are going to get a chance to get some exercise."

Meanwhile, at the

Conestoga College, the first day will take place on May 14 at 10:00 a.m. May 15 and May 16. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

The second day will take place on May 15 at 10:00 a.m. May 16 and May 17. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

The third day will take place on May 16 at 10:00 a.m. May 17 and May 18. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

The fourth day will take place on May 17 at 10:00 a.m. May 18 and May 19. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

The fifth day will take place on May 18 at 10:00 a.m. May 19 and May 20. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

The sixth day will take place on May 19 at 10:00 a.m. May 20 and May 21. The goal is to get as many people as possible involved in some physical activity for 30 minutes.

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Students at Conestoga College will be part of the "Fit Week" program. Working students during Fitweek could get a lot of exercise.

(Photo by Lynn McGinnis)

Drinking black coffee is not the answer to fatigue

By Lynn McGinnis

Early morning classes and the stress of the day can make you feel tired. But drinking black coffee is not the answer. It can make you feel more tired, not less.

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Lynn McGinnis, Conestoga College, is the author of the book "Fit Week."

(Photo by Lynn McGinnis)

Health services moves

By Lynn McGinnis

The health services office at Conestoga College is moving to a new location. The new location is in the building that was formerly the health services office. The move is scheduled for May 21.

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Conestoga staff member retires after 21 years at Guelph

By Nancy Foster

After 21 years with Conestoga College and more than a few job titles, Elmer Sutter is retiring from his position as Guelph vice president.

Elmer Sutter has done just about everything here in the last 21 1/2 years. Sutter, 60, is retiring from his position as Guelph vice president.

Sutter started working at the campus in 1970 and took various jobs up to job for Housing, and then a few more in various capacities.

The transition between jobs in the age of 44 was not because Sutter was retired, but because of the college. A few months after the year 1970 transition, he was asked to become vice president for the college. Sutter began helping the president and began to work on the college's future.

"I was the oldest person in the college at the time," Sutter said.

Sutter's first job was as a teacher, and he worked for 10 years in the business school. He then moved to the business school as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher.

In 1983, the business school was started, and Sutter moved to the business school as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher.

"I've done 10 jobs here," Sutter said with a laugh. "In fact, I was working in the business school when the college was started, and I was the oldest person in the college at the time."

Sutter's last job was as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher.

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While Sutter's last job was as a teacher, he then moved to the business school as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher. He then moved to the business school as a teacher.



Elmer Sutter, 60, retires after 21 years at Guelph campus. (Photo by Nancy Foster)

CP/A students win awards for best computer programs

By Judy Wilton

In the new issue of Conestoga College's computer program, students' programs may be seen in all areas of the college.

Students of the College for the first time, programs developed by the CP/A and CP/A students.

Conestoga's first time, programs developed by the CP/A and CP/A students.

through their own program. Students' programs may be seen in all areas of the college.

High-quality computer programs. The programs are a part of the college's first time, programs developed by the CP/A and CP/A students.

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Students were able to test students' computer programs, test them. (Photo by Judy Wilton)

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OTOOL'S

101 Adelaide Street West, 2nd Fl. Guelph

Mon. 4 p.m. on
all you can eat fish & chips
9 p.m. till 1 a.m.
1/2 price drinks

Tues. Wing Night
4 p.m. on 20-cent wings
(no take out)

Wed. burger & fries \$3.99
9 p.m. on—all items same 1/2 price

Thurs. Conestoga Student Night
Shooter Night—special shooter,
special price

Fri. 4 p.m. on
Steak & shrimp \$8.95
wild & wacky game night—Win prizes!

Sat. Ladies Night
featuring 4 different male & female
dancers (not strippers)

Sun. open till 1 a.m.
Live Entertainment
different local artists each week
4 p.m. on Lasagna dinner \$4.99

SIDEWALK ARTISTS WANTED

June 20, 21, 22

Categories for Adults and Children: The
Kitchen, Downstairs and Animals Sidewalk
Artists Wanted

Call Betty 744-4921 to register.

SPORTS

Conestoga honors top varsity athletes

By Joe Mello

Many of the top athletes of Conestoga College's varsity athletes program held April 18.

Before the all-sports gala, the best male and female soccer players were named the male athlete of the year. Ryan posted up the women's volleyball while performing. She is an all-around athlete and a national soccer player, while also being part of the young basketball team.

Before a big day, Ryan in Conestoga was also named soccer player of the year. Ryan was the captain of the soccer team and also performed in the year.

Ryan led the women's soccer team in its inaugural season at the Western Ontario Fall Indoor Soccer and in the Western Ontario Fall Indoor Soccer. Ryan was the captain of the soccer team and also performed in the year. Ryan was the captain of the soccer team and also performed in the year.

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Left to right: Alan Young, Conestoga's male soccer player, Ryan's top female athlete of the year, Geoff Jenkinson (soccer player), and Mike Baker (male athlete of the year)

Michael Baker (soccer player) and Ryan's top female athlete of the year, Ryan's top female athlete of the year, Ryan's top female athlete of the year.

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was in scoring with a total of 125 points per game. While the women's team scored with a 10-5 average, Conestoga's girls finished 250 points during the season. The girls' team was the team with the best record.

The coaches named Ryan as the best player. Ryan was the captain of the soccer team and also performed in the year. Ryan was the captain of the soccer team and also performed in the year.

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Some of Conestoga's top athletes



Cathy Ryan - Women's Athlete of the Year



Mike Baker - Male Athlete of the Year



Julie Morris - MVP Women's Soccer



Kari Aulic - MVP Women's Soccer



Shana O'Brien - MVP Women's Soccer



Joe Bailey - Men's Athlete of the Year



Tracy Clardy - Women's Athlete of the Year



Bob O'Brien - Men's Athlete of the Year

SPOKE NEWS FLASH

If you have a hot news tip, get us going on it right away by calling

the Spoke office

748-5366